



10 ways to beat
overwhelm

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Wake up



Get up an hour earlier.

Get up an hour earlier. This sounds harder and scarier than it actually is. Start by setting your alarm 15 minutes earlier and use that time to have a cup of tea or read.

Then, a week later, move your alarm another 15 minutes earlier until you eventually you are waking an hour earlier than you used to. This is your new normal. Hooray!

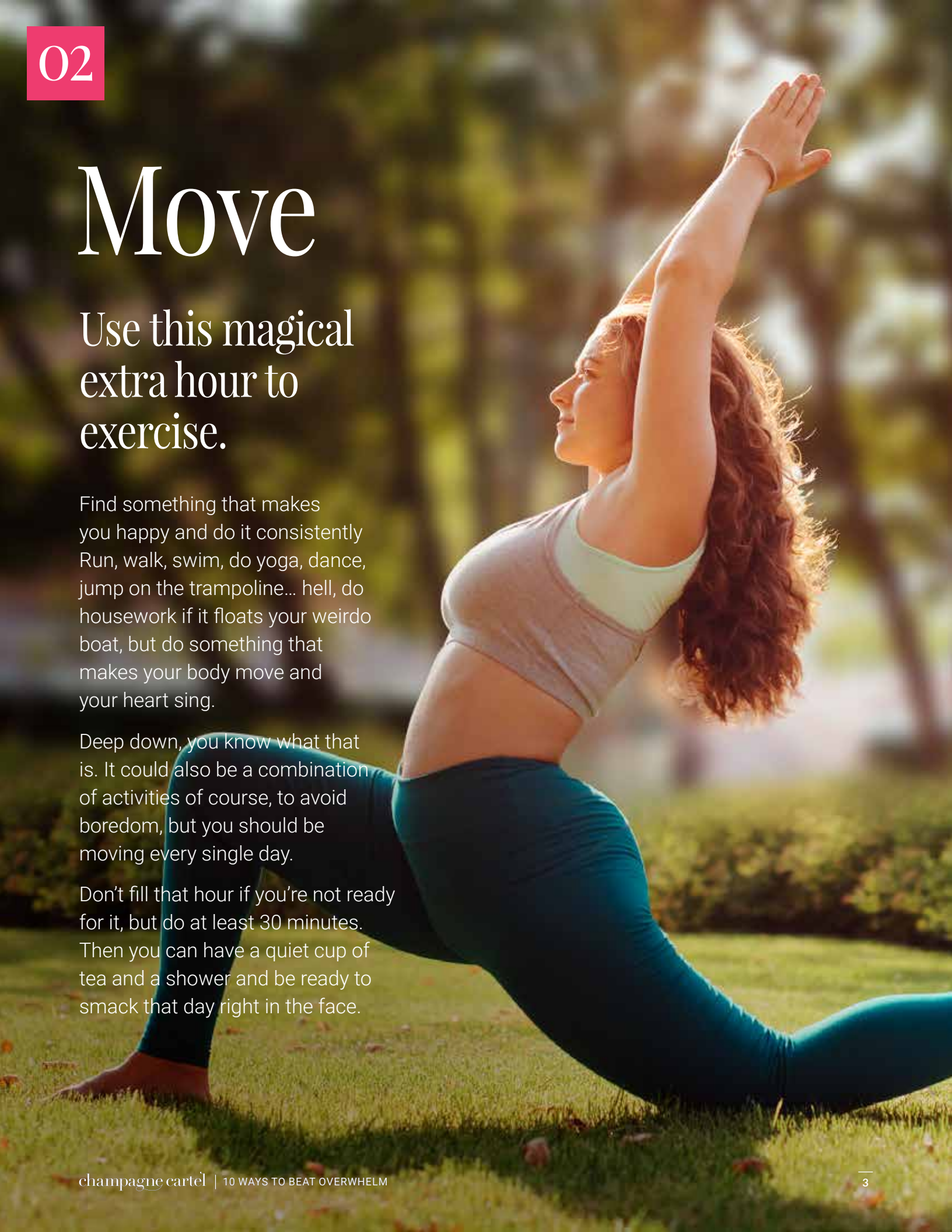
Move

Use this magical extra hour to exercise.

Find something that makes you happy and do it consistently. Run, walk, swim, do yoga, dance, jump on the trampoline... hell, do housework if it floats your weirdo boat, but do something that makes your body move and your heart sing.

Deep down, you know what that is. It could also be a combination of activities of course, to avoid boredom, but you should be moving every single day.

Don't fill that hour if you're not ready for it, but do at least 30 minutes. Then you can have a quiet cup of tea and a shower and be ready to smack that day right in the face.



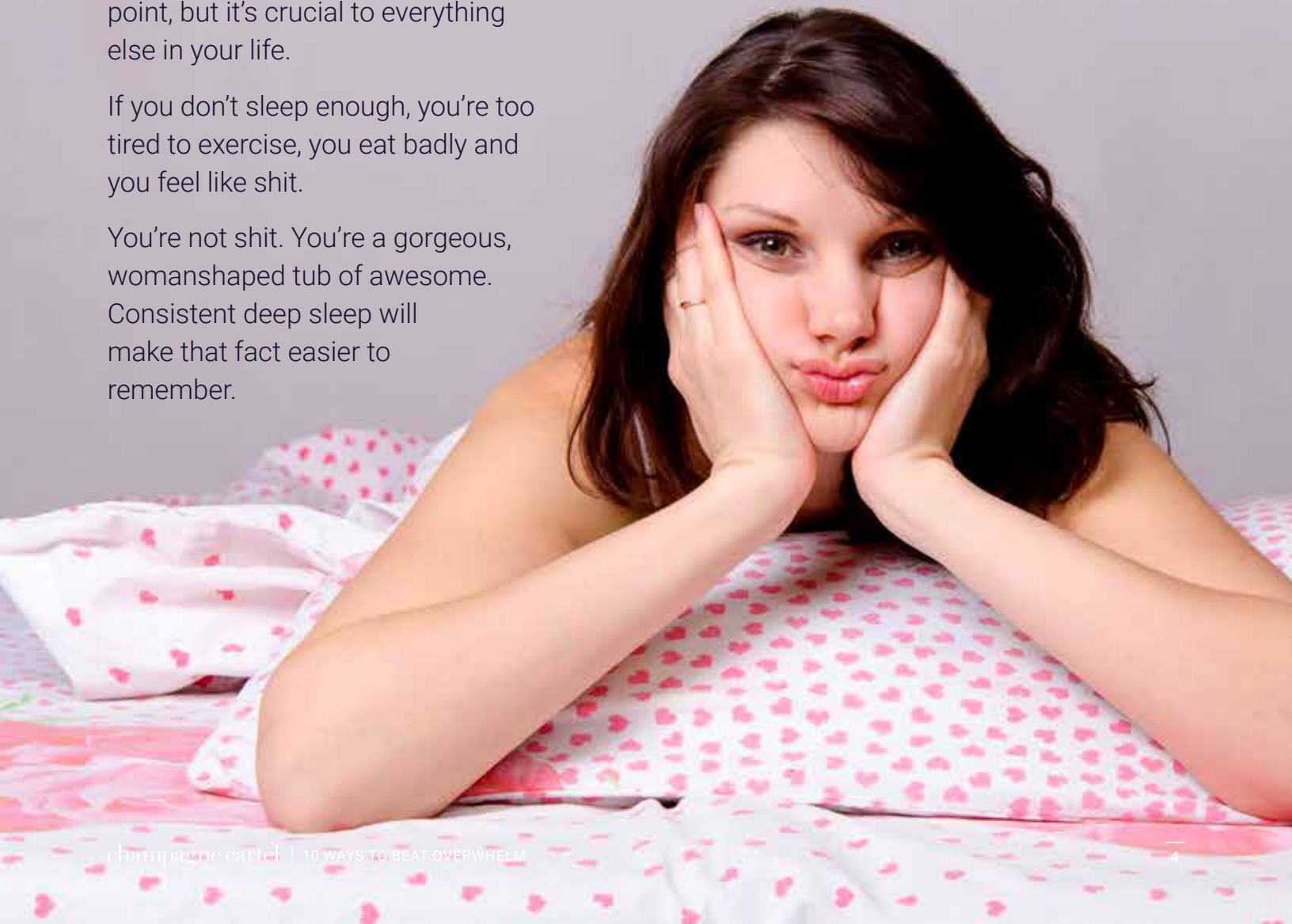
Sleep

It's crucial to everything else in your life.

Ensure you're getting enough sleep. This may seem counter to our first point, but it's crucial to everything else in your life.

If you don't sleep enough, you're too tired to exercise, you eat badly and you feel like shit.

You're not shit. You're a gorgeous, womanshaped tub of awesome. Consistent deep sleep will make that fact easier to remember.



Eat

Eat good food early.

I don't care if you want to eat a tub of ice cream in the bath, or down a bottle of wine at dinner (in fact, I might want to come over), but what I want you to do first is ensure you're putting some great stuff in your face first.

Eat vegetables, fruit, nuts, yoghurt, oats...all the great things (I'm not going to get into a debate about diets here – just get into the healthiest stuff that YOU eat – I promise, that's good enough).

I try to have a green smoothie at breakfast because that means I've already had two serves of veggies and one of fruit before my day has begun. Starting ahead!



Step it out

Get a Fitbit and walk those 10,000 steps.

Get a Fitbit or other pedometer device and walk those 10,000 steps we're all supposed to do each day. Are you annoyed by those smug fitbit sharers all over social media?

Don't be – become one of them! You'll live longer and you'll feel better every single day you do it. That's significant, don't you think?

(By the way, be sure to put that bad boy on before you do your morning exercise. That all counts.)



Prioritise

Have a to-do list but keep it reasonable.

Here's the secret to getting shit done: you're never going to get it all done. But don't feel bad, prioritise!

A list of 27 things will never get done and will make you feel like a crappy loser when you don't even tick off half of them.

Put 3-5 items on your to-do list each day and do everything in your power to do them. Then tick them off, sit back and admire your proactiveness. You're a DOER!

Think long-term

What will matter in five years' time?

Think about everything that is overwhelming you right now and apply the five year test. What will matter in five years' time?

Those are the things you should focus on. The rest may still have some significance but it shouldn't take over your life. It's just a lot of mental noise.

Be grateful

Write down
five things
you're grateful
for each day

I know we're getting into touchy feely territory now, but this can make a huge difference to your life. One way is to start a gratitude journal and enter five things you're grateful for each day.

There are some great gratitude journal apps around, which are fun because you can also include pictures.

Another way is to catch yourself whenever you are feeling upset or overwhelmed and intentionally refocus your mind on what is going right in your life right now. Or what you have that you are grateful for.

It can take practice but the earlier you catch yourself, the easier it is to not fall down into that dark panic.

Schedule

Schedule time in your week for everything that matters

Schedule time in your week for everything that matters and everything that needs to get done. Don't forget the little things, like time to pay bills and plan your weekly meals, or time to go through emails.

But the most important thing here is to prioritise what is important to you and your family. Often this will include health and relationships.

Time with your kids and quality time with your galpals and other family members should be planned into your week because they are more important than what you do for a living, right?

If your family and your relationship are the most important things in your life, act like it. Don't feed them the scraps of what you have left over at the end of the day.



Give yourself a break

The above goes for you as well.
In fact, even more so.

Nothing runs well if you're not running well. Treat yourself with kindness, give yourself the space you need to think clearly and feel centred.

Exercise might do this for you, but it might also be taking some time out for a coffee and to read a magazine.

Or it might be getting a pedicure or a spray tan. It might be meditating. It could be all of the above and more.

Whatever it is, give yourself this gift regularly. Take the responsibility of filling your own cup, because you are the only one qualified to do it.



10 ways to beat overwhelm!

Was this helpful?

Has this ebook helped you to find more calm in your everyday life? We have lots of practical tips and expert advice to help you get through one of the toughest times in your life.

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